



Step Challenge

♥ **If you are currently not involved in a regular exercise program or consider yourself to have a low level of physical fitness, consult your doctor before increasing your activity levels.**



The Challenge: Walking is one of the easiest and most inexpensive ways to incorporate physical activity into your life.

- ★ The ultimate goal is 10,000 steps a day which is equivalent to walking about 5 miles
- ★ You can use a pedometer to record the steps you normally take in a day and monitor your progress
- ★ Challenge yourself to increase the number of steps you take each day by 200-500 steps working toward the goal of 10,000 steps
- ★ For most, in a normal living or working day you take 900-3,000 steps , so an intentional walk is necessary to meet the challenge
- ★ Those who take 10,000 steps a day burn between 2,000 and 3,500 calories a week



Add steps to your day

- Reduce risk of injury by gradually increasing the number of steps you take each day ~ set small goals until you reach the ultimate goal of 10,000 steps a day
- Park farther from the entrance to work and shopping
- Use the steps not the elevator
- Take your colleagues for a walk
- Walk during TV commercials or while talking on the phone

All steps are important so be creative about adding the steps to your day



Benefits of Walking

- ♥ Improves overall health and well being
- ♥ Reduces the risk of disease
 - Coronary heart disease--increases HDL
 - Osteoporosis
 - Diabetes
 - Hypertension
- ♥ Increases lean muscle mass and helps decrease body fat
- ♥ Enhances psychological well being
- ♥ May reduce symptoms of depression and anxiety and improve mood

